

Learn - Mr. Hall  
Learn - Mr. Hall - now at Longwell.  
Learn - Mr. Hall - now at Longwell - the first - tomorrow  
Also  
Learn of good - students  
Learn - Mr. Hall - now at Longwell.

66

99

Good afternoons.

Look up sets, place them according  
to what grade they are suitable.  
Get partner - & look up 1 skilled game.  
Have party - with theme if possible.

## Swimming.

- Oct. 3<sup>rd</sup> - Values of Swimming
1. Recreational.
  2. Physiological.
  3. Educational.
  4. Safety.

### Oct. 10<sup>th</sup> - History - Brief Notes.

- First Objective - overcoming fear.
- A. Fear of getting water inside.
  - B. " of non-support.

- " 17. - Method of Teaching - The Kinesthetic method.
1. Breathing - techniques for overcoming difficulties.
  2. Relaxation - difficulty thinking & R. relaxed.

● " 24 - Progression in Teaching Crawl (modified)

" 31 - " " " " (Cont)

Nov 7 - What to do in deep water.

" 14 - Progression modified crawl  
Sculling - flutter kick on back.

" 21 - Brink Method of teaching beginners.

" 28 - Extended swimming period (no theory)

Dec 5 - Life Saving Movies.

" 12 - Analysis of Crawl Stroke.

" 19 - " " Breast " "



## Ornamental Swimming.

A.

B.

C.

Lead element - 16 or more.

2, 3, 4, etc swimmers.

Floating formation.

Swims & moving thru water.  
in formation.

16 swimmers lined up at side or end.

1. Brest into C. slow, rhythmical pace - often  
called precision swimming.

2. Face centre & tread water on signal from  
leader.

3. On another signal - surface due to. (Come up  
hds. joined.)

4. Arms go up overhead & float on Bk. & 4 cts.

5. Fountain - moves in out to large C.

● Sculling & guide out to part.

6. On sign. 1's do leapfrog over part. - then  
all 2 brest C.C.-w, then 2's <sup>in row</sup> hills. 3x.

7. Close C in so toes up in front toes and  
waist. Precision crawl. No L. action.

8. At def. place leader lead of swim crawl 2nd.  
Then ready for section B or 5th unit.

### Hudson - Crawl Stroke.

Side Stroke Kick & Crawl arms.

Variable - useful for women in place of crawl.

Breathing same as Crawl. - Steady.

Body roll from side to side characteristic of Hudson stroke.

Holding breath will cause interferences & tension. Inhale during scissor kick & exhale when nose during front, face down, po.

### Scissor Kick.

1. Upper L. moves forward & slides chiefly as body balances.

2. Greatest forward progress & speed occurs during the side stroke kick.

### Trumpet Crawl.

Side stroke kick followed by flutter kicks - teach and use discriminately.



1. Have everyone stand side is swimming.
2. Check everyone in and out of water
3. Have guards at various places so all swimmers can be seen.
4. Keep according to ability.
5. Have swimmer wear ground colour cap
6. Have limited area for swimming
7. Eat on the way after eating on board & fatigued.
8. Enclosed whistler
9. Water deep enough to dive - 7' for water board. Diving club 10'.
10. Have a boat for rescue
11. Long for two p.d.
12. Sign man to diving board.
13. Have guard dock line.
14. Have shallow water to side.
15. Limited no on raft
16. No one swims alone
17. Boat to go in at definite signal & come out on signal.

1. Shuttle board
2. Buoy
3. Water wings
4. Buoy line
5. Ply. to dive for.
6. Bobs for distance
7. 4 lengths of good old clothes line
8. Buoy tape

9. Sponges for sailing



## Priscion

### Practical Work

#### Part I - Camples

1. Standing near shore
2. Breast stroke & surface dive & over bk S & breast stroke to shallow end
3. Wall crawl
4. Optional stunts

By Sund Swimming - Water Sports & Safety - Chp. 8.  
Read carefully & summarize 235-274.

#### Instructions to Teachers & Life Guards

Given to all written & all concerned.

1. Expected to be in uniform, ready for work at right time
2. Max of 2 hrs on duty - If relieved period of 5 mins overlap
3. No one on duty may leave until relieved or until last person completely out of water.
4. All doors leading to natatorium & spirit gallery must be locked by instructor off duty.
5. Not never interrupted, for more than relief period & at slack times.
6. Definite procedures for accidents & emergencies <sup>to life staff</sup> set.
7. written copy of guide & policy to Life Guards
8. 3 bottles - "Please Set Out."

10. Check Pool Office & Attendance w/ our I's
11. " Shower & Dressing rooms
12. " Lounge, soap, suits, gymnasium
13. No food or drink pool - no gum chewing
14. Check toilet & see lat. phoned
15. " 2 C if disinfectant applied to T daily
16. Note condition of amt of grapes used
17. Some system for scrub & men quickly
18. Person going off duty take care of damp towels, etc.
19. During swimming periods special attention in shower & camp, 1 canceller in play room - stand for hygiene swimming
20. Shower end marked by line of 6" tiles
21. To avoid accidents during details - know away
22. Tag games not allowed in pool unless organized & supervised - No other time permitted <sup>not by field</sup>
23. Children playing in plunge periods not enter <sup>W. camp</sup>
24. Engineer & caretaker special swimming space? <sup>for</sup>



B. is a water bird, pull self up & sit  
on the water.

### Back Swallow

Back Swallow - the 4 characteristic A action

1. Head called inverted crane.
2. Wings in line & open.
3. The body is in the air.
4. The head is slightly - goes better than.
5. The head is in the air - but the wing is in the air.
6. The head is in the air & the body is in the air.
7. The head is in the air & the body is in the air.
8. The head is in the air & the body is in the air.

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11. Rhythmic jerky bulge provided good prompt  
not to hurry

12. Reaching & initial R fully extended by  
head & arms turned out to actually grasp  
within 4-6" low surface.

13. L's not independent of R's.

14. Reaching & Rhythmic coordinated - On extension  
of R. Reaching in - First differences.